

35 of the Best Pilates YouTube Workouts to Do at Home

Target more than just your core from your living room floor



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02/07/2019



STOCKSY

Who needs a #sweatsession when the surprise summer heatwave has you achieving one without even a raised heartbeat?

If you still really want to maintain that hard-earned tone, but the idea of hill sprints in the **park** feels like a death sentence, we've got a solution. Yep, really.

Pilates is not only a strong foundation to any workout plan, but one you can do from the comfort of your fan-blasted living room – *sans* gym kit if it's still too hot (no judgement).

Not sure where to start? Well, reader, you're in the right place. Read on for the top *WH*-approved Pilates YouTube workouts and our best tips for ensuring you feel the burn.

Cool stuff, indeed.

Why are Pilates workouts so important?

Short answer:

Pilates workouts help improve flexibility, balance and **core strength**, and are particularly effective if you suffer from **back pain**.

Long answer:

In New York in the 1920s, Joseph Pilates devised more than 500 moves - of which 34 were mat exercises.

Now, his revolutionary regime is recognised globally as a way to **strengthen** the body. Research published in the journal *PLOS One* in 2014 showed that it can both effectively ease back pain and boost functional movement, when compared to traditional methods like massage therapy and other forms of exercise.

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After that glowing report, we know you're dying to get on the mat. Whether you've got ten minutes before work or fancy a full-body conditioning on a Sunday afternoon, scroll for the online Pilates sessions you should press 'play' on...

Best Pilates YouTube workouts: Things to know before starting

1. Clear a space big enough

We get it – your flat-share may not even have a living room, but as long as you can stretch your arms out without touching the wall, you're fine.

2. Invest in the right equipment

Before you slip into a 'pelvic curl', you'll need to get your hands on a few pieces to make your session as comfy and safe as possible.

First up, sort yourself out with a mat. *FYI*, thicker styles support and cushion your spine better than their cheaper cousins, particularly on a hard floor rather than carpet.

Tight muscles? A **resistance band** will become your saviour. The thicker the resistance band (and the tighter you pull it), the harder your muscles work. Beware the next-day **DOMS**.

If you're a beginner or prone to back pain, a cushion under your bum or back can alleviate pressure and provide extra support.

For an extra challenge, invest in a Pilates ball and place it under your bum. Not for those of weak core, mind you.

To save you precious time, we've rounded up the best eight pieces to help get you seamless results in no time. You're welcome...

Lululemon The Reversible Mat 3mm

Lululemon lululemon.co.uk

£48.00

SHOP NOW

DOMYOS 100 Pilates Resistance Elastic Band Medium

domyos decathlon.co.uk

£3.99

SHOP NOW

SMARTrich 25cm Mini Fitness Balance Yoga Ball

SMARTrich amazon.co.uk

£2.55

SHOP NOW

Sweaty Betty Pilates Socks

Sweaty Betty sweatybetty.com

US\$12.00

SHOP NOW

Sweaty Betty

Sweaty Betty sweatybetty.com

US\$30.00

SHOP NOW

DOMYOS Pilates Soft Ball

domyos decathlon.co.uk

£3.99

SHOP NOW

DOMYOS Pilates Ring

domyos decathlon.co.uk

£7.99

SHOP NOW

3" Large Pilates Head Pad

Physical Company physicalcompany.co.uk

£4.44

SHOP NOW

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3. Breathe, rather than brace

We all think we know how to do it, but breathing is one of the most common **Pilates mistakes**. Don't hold your breath as

you'll end up bracing your core and working the wrong muscles.

Instead, breathe deeply through the exercises and focus on scooping your belly button in and up.

3. Put your phone on silent

Pilates requires concentration, focus and precision, so the last thing you want is a bajillion Instagram notifications going off in the background. Put your phone on silent and leave it next door.

4. Shut all pets out of the room

There's nothing worse than finally nailing your 'Teaser', only to be thrown off balance by a well-meaning furry friend.

And now for the fun bit – choosing your Pilates YouTube workout. We've ensured you're spoilt for choice...

35 best Pilates YouTube workouts to try

10 Workouts Under 10 Minutes

Target your lower belly in three minutes | Blogilates

Cassey Ho is one of the leading global Pilates authorities, so we trust that this super-quick workout from her YouTube channel **Blogilates** will yield long-lasting results.

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Inner thigh burn in three minutes | Lottie Murphy

The Pilates instructor and blogger shows how to tackle this hard-to-tone area of your legs.

Blast your core in five minutes | Isa Welly

Less really is more, as the pro-dancer turned Pilates instructor shows.

Tone your calves in nine minutes | Blogilates

In the market for lean calves? You need these five moves from Cassey Ho.

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Fully body in ten minutes | The Live Fit Girl

LA-based Pilates instructor Deanna works every limb in this efficient session.

Standing Pilates in ten minutes | The Girl With The Pilates Mat

No mat to hand? This workout by Chiswick-based Pilates instructor Rachel Lawerence is for you.

Pilates ring routine in ten minutes | The Balanced Life Pilates With Robin Long

Upgrade your session by incorporating a Pilates ring.

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Challenge your core in ten minutes | BodyFit By Amy

Warning: DOMS await you in this speedy workout by LA-based Pilates instructor Amy Kiser Schemper.

Pilates stretch in ten minutes | adidas Women

Enjoy (if that's the right word) this Pilates flow by the sports brand in collaboration with Lottie Murphy.

Advanced Pilates in ten minutes | The Live Fit Girl

Deanna ensures you don't rest on your Pilates laurels.

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10 Workouts Under 20 Minutes

Pilates for a busy day in 12 minutes | Trifecta Pilates

An all-over workout in less than a quarter of an hour? Yes please.

Feel good Pilates in 15 minutes | Freshly Centered

Pilates instructor Tracey works every muscle in this relaxing workout designed for intermediate level upwards.

Pilates for back pain in 15 minutes | Kalm Pilates

Boosting your core strength and stretching out leg muscles helps support your back, says Pilates instructor Sarah.

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Core strength for your pelvic area in 15 minutes | Boho Beautiful

Juliana braves some chilly conditions to prove you can do Pilates quite *literally* anywhere.

Pilates for strong inner thighs in 20 minutes | Blogilates

This speedy session requires no equipment - just your willpower.

Pilates for toned abs in 20 minutes | Kristin McGee

Sculpt your **tummy** in no time at all.

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Prenatal Pilates in 20 minutes | BodyFit By Amy

Pregnant ladies this workout is for you.

Pilates for runners in 20 minutes | Sophia Pym

Boost your PB off the track and on the mat with the London-based Pilates instructor.

Pilates for sculpted arms in 20 minutes | Blogilates

Trust Cassey Ho to target your biceps and triceps - and all without a weight in sight.